

## **ABSTRACT**

**Title:** Experience with joga for tennis coaches

**Objectives of work:** The aim of my thesis is to analyze the possitive effects of yoga on the mental and physical health of tennis players. The data is gained by quality data collection methods. The secondary objective is, on the basis of information obtained from short interviews with coaches, to create a theoretical model of categorization.

**Method:** In this thesis we used the method of interview and narrative interview. The data collected from the interviews, was used to create a theoretical model of categorization. A method of narrative interview with elements of the interview was used as a key method of collecting data from selected subjects.

**Results:** Following numerous interviews with various subjets including coaches and trainers, I have come to the conclution, that yoga has a positive effect on the mental and physical health of tennis players. The main effects of yoga include: increased confidence and concentration on the court, accelerated healing, reduced pain in the spine (notibly in lumbar region), therefore increasing the flexibility of joints and improving the performance of players. In terms of categorization on the effects of yoga, both in mental and physical health of tennis players, I classified the effects into two major categories: the psychological state (effects of meditation, relaxation, breathing) and the physical fitness (effects of breathing, stretching and strengthening exercises).

**Key words:** yoga, health, tennis, psychological stress, unilateral load compensation, performance of tennis players